

# What is MOST?



A quick guide to what you're being referred to

## You're being referred to MOST

MOST is a place where young people can get mental health support.

It's an online platform you can turn to for extra support:

- while you're on the waitlist
- between appointments
- after your sessions finish.

## What can you do on MOST?

MOST has a few different kinds of support, depending on what you need:

### Explore tools and activities

MOST's resources are backed by 15+ years of clinical research.

They can help with anxiety, mood, stress, relationships, stress, sleep and more.

Explore articles, activities, comics, videos and audio—anytime, at your pace.

### Connect with other young people

There's a safe, moderated community of people who get it.

You can share, comment, or just read how others are going through similar stuff.

It's a space where young people support each other, and feel more connected.

### Get help from real professionals

If you want, you can connect 1:1 with the MOST team (for free).

You can talk to:

- mental health clinicians
- peer workers (people with lived experience)
- career counsellors (help with school, work and more).

## How it works

You get referred



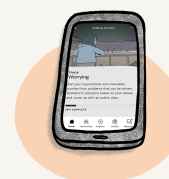
You'll get an SMS with a unique link to join

... answer some questions



Tell us a bit about your mental health

... then start using MOST



You're set up and can start whenever you're ready